

Benedict Nwachukwu, MD MBA
HSS Sports Medicine Institute
610 West 58th Street, New York, NY 10019
Office: 646.885.8250
Fax: 646.885.8252
www.manhattansportsdoc.com



Post-Operative Rehabilitation Guidelines for Shoulder Arthroscopy with Balloon Spacer

- 0-2 Weeks: Sling for Comfort (2-3 days) Then discontinue
Grip Strength, Elbow/Wrist/Hand ROM,
Codmans out of sling
PROM: advance as tolerated
AROM: Forward Flexion and Abduction 0-90 as tolerated
No rotation with arm in abduction until 4 wks
- 2-4 Weeks Advance AROM to Forward Flexion and Abduction passed 90
Wall walks
Internal rotation behind back with gentle posterior capsule stretching
Scapular strengthening and stabilization in protective planes
Postural exercises
No rotation with arm in abduction until 4 wks
- 4-8 Weeks: Advance AROM to full
Isometric exercises
Theraband exercises below 90 degree plane, advance to overhead
exercises as tolerated
Emphasis on deltoid isometrics
ER/IR (submaximal) at neutral
- 8-12 Weeks: Advance to weighted activities as tolerated
Begin eccentrically resisted motion and closed chain activities
Only do strengthening 3times/wk to avoid rotator cuff tendonitis
- >12 Weeks: Return to Sport Program
Advance proprioceptive and dynamic neuromuscular control retraining
Correct postural dysfunctions with sport/work specific tasks